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Notes From The Underground



**TRANSGENDER
MILLENNIUM**

A FREE PUBLICATION

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TRANSGENDER MILLENNIUM

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ONE NOT TWO!

By Margo Ross

As a result of the in creditable opportunity, I have had over the past two and now almost three years as a member of Gender Mosaic, one theme has reappear over and over again. That is the

pattern of transgendered people be they FtM or MtF of referencing themselves as either one gender identity or the other based upon the close that they had on.

The process is understandable and I admit that I too have and some times continue to do so also. But it reflects a great deception upon one's self and permits others to segment you from the image that you project. In reality there is only ONE YOU. It is a blend of all of the characteristics that you have learnt, practice, desired and now are weaving together.

Being transgendered places you in the powerful but some times demanding opportunity of deliberately creating and defining your personality, characteristics and image.

Therefore, only a fool would be willing to say that over my past uni-gender expression life there are no characteristics or attributes that I wish to bring forward as I with freedom of a

transgender person see a valuable enough to keep.

That would be an insult to you and all that have had the privilege of interacting with you.

So the next time some response to you invitation to get together by the phrase "so which of you is coming" answer the only real truth, I AM.

For no matter what we do to our bodies or cover them with the reality is that we always take us were ever we go and the time is now to spend as much time on building that likable peaceful and happy you as you do on all other aspects of the emerging self.

President's Report from her Office in Hull

From the Presidents Office
In Downtown Hull, Quebec.

I guess that most of you know, I am living in sin with a

wonderful woman who turns me into Jell-O. She is the kind of lady I wish all women were fashioned after. Her outlook on life has enhanced mine and vice versa. I just feels good to be loved again and to hold her hand while window shopping downtown or in a shopping. What people will see is two ladies holding hands. I have two closets now and so does my girlfriend, we are the same size, height and colour co-ordination.

Being a registered social counsellors and many other venues of professional expertise she has led me to food shelters, soup kitchens and drop in centres in the city of Ottawa. Walking into a soup kitchen for the first time is a challenge for the mind and senses. In some of the soup kitchens you have to wait outside until all of the volunteer positions for the day are filled, like washing the pots or cleaning the tables and stacking the chairs. It has to be done by somebody. The daily volunteers get to go in first and have the pick of the food being served.

Then the doors open allowing 100's of poverty and homeless people and sometime transgendered, who have been waiting for hours, a chance to eat a hot meal. Sitting across from you could be a person who has not seen water for a long time, or a young kid who has

been thrown out into the streets. Some of the older users of the soup kitchens have their own place to sit at. Monitors patrol the eating every few minutes to pick up trays and watch for any trafficking of drugs or any chemicals. When you enter the area you are greeted with respect by a person who shakes your hand or acknowledges your presence and asked you to sign the guest book if you wish. It takes about 15 minutes to go through all the process. It's a way to keep order in an unrelenting world.

The food is hot and delicious and well prepared as you receive your tray just like an office cafeteria. The meal which comprises of soup, a main course of meat with rice or potatoes, salad, coffee and fruit cocktail or pastry are handed out to any individual who enters the reception area.

No one goes away hungry. Little conversation is made between the person sitting beside you or across the table. You eat then leave bring your dirty dishes to a kitchen slop sink area leaving the building at a different door. All the soup kitchens are controlled the same way with monitors, volunteers and social service providers. Some kitchens are for women only and others are mostly men. No matter what you look like or the way you are dressed, you

are always treated with respect and kindness by the people who work there.

One soup kitchen that we went to, I saw 2 transgender people who I met several years ago, but under the circumstances we didn't have a chance to talk.

Each soup kitchen has their own hours of operation, one will open at 9:00 or 11:30 am another will open at noon, others will open at 5:00pm until 8:00pm. It's the same with drop in centres, you just have to know by showing up,. The times are posted on the door. Each shelter will have activities like crib tournaments, movies and bingo, and each shelter provides counselling services for the people who need it. Access to medical supplies, access to social agencies that provide specialized services. and access to people who care about your well being. The first time and maybe the second time it can be frightening to enter these areas especially transgendered folk.

It has opened my eyes to a whole new world of poverty, lost souls and the homeless. The people that run these centres are aware of our community, and the transgendered people who use these facilities will be treated with respect. I am making it my personal cause to be available at any time to these shelters and drop in centres.

Working on behalf of us all
Joanne

Developing a Female Voice

By Julie Humming

Components of a Female Voice:

Pitch - this is the frequency (or note or key) which forms the basic tone of your voice. Males generally have voices at the lower end of the scale and females generally are at the higher end.

Resonance - is how much your voice rattles around inside your chest and head. You can feel the difference in resonance by placing your hand on your breastbone when you speak as a male versus when a speaks as a female.

Dynamic Range - is how far up and down your pitch range you move as you normally speak. The more you move, the more female your voice will tend to sound.

Enunciation - is how you flow the parts of a word as you speak. The smother the flow between each part, the more female your voice will tend to sound.

Grammar - men and women use different words - the only way you are going to learn this is to live among women for a long

time. See Melanie's web site.

Body English - silly as it sounds, how you move affects how you sound. If you are uptight and not letting your body shape your speech, your speech is likely to sound uptight.

In Melanie's description on developing a female voice she speaks of a secret to resonance, the secret is real and simple - you must move your voice out of your chest. It does not matter how you do this, only that you do and here are two suggestions.

Falsetto - you start with a high falsetto and side it down until you have the lowest pitch falsetto you can make.

Gargling - you make a gargling sound and use that set of memories to find your pitch.

Now my technique:

1. with you mouth closed, start humming from the deepest note you can hum up until you have to "break" into falsetto. The purpose of this exercise is to learn how to make pure tones in your throat with very little chest resonance.

2. Repeat step one (often as practice makes perfect), but this time with your mouth open. When I was working on this I just kinda fell on the idea - sometimes when you talk your mouth is more open than others.

3. By now you should be able to do the "hum" at the top of your range without having to slide upward. Getting to that point very naturally is really the important point. What you are really trying to do now is get a good mental memory of how to manipulate your throat so as to get that pitch with that very smooth timbre.

4. Using that pitch try making single sound noises. I have told others to recite the alphabet.

5. From there, progress until you are able to speak normally.

Voice Resources On the Web see: Dr. Anne Lawrence & Melanie Anne Phillips Speaks;

Resources Locally see:
Maria Pellegrini 798.1479
a Gender Mosaic contact Doreen has meet with her

Do You Know Your President

by Linda A.

JOANNE PENNY LAW

I have had many opportunities to accompany Joanne to events around the capital. As a member of Gender Mosaic, do you know who your President is?

We often look at someone heading up a team and think we could do the job better. Sometimes we are right, but quite

often it is outside our field. I believe this is the case with a dear lady who is the president of Gender Mosaic.

Joanne lives her life daily representing the transgender community here in Ottawa and all over the world. She is at every event where exposure to the community at large takes place and ensures that no one venture where it is not safe.

Living day to day as a woman is what Joanne has been doing for the last five years full time. If you want to speak to someone who has experienced all the joys and the tribulations with being ones self, speak to Joanne. A lady who always presents herself with dignity and respect, she shows those around her what a male to female transgender individual is.

Now, lets leave the titles we so often give to ourselves and talk about the real issue. Living ones life to the fullest and being who we really are. Not an easy task to accomplish in today's world. Most people have been conditioned to go with the flow and please as much as possible. This so often leaves one broken and wondering who they are.

Joanne has spent many days and nights going deep within herself and asked this same question. And from what I have learned about Joanne is, the same answer

keeps coming up. I must live my life in the healthiest way possible. I must live my life as me.

I have watched Joanne at meetings in the community and when there is a need for those in the community to know that transgender is a gender issue and not a sexual preference, she speaks up immediately in our defence. No matter where she is or what she is doing, Joanne always is opening the pathway for some one to be themselves. She has taken many of us from our motel rooms and basements to areas where we can be ourselves in a healthy safe environment.

Joanne is respected in the community and I have seen the respect that our police force give to her. She represents us in a healthy wholesome way and she is a lady who accepts all people for whom they are. We have many things to be thankful for due to the hard diligent work that she does in this city.

Each President of Gender Mosaic will be different; each one will have their strong attributes and for sure each one will have their weaknesses. Each one will be a President that we have elected and put out front as our representative. I salute Joanne Law for the work she has accomplished and I hope each one of us will reflect on where she has taken us.

Thank you Joanne.

Fashion Hints from Delta Burke

For each body type there are more flattering styles and here are a few hints:

Shall Waist

- emphasize waist, but not so severely that top and bottom appear out of proportion, wear peplum or cinched belts.
- V necks are flattering
- wear blouses that taper at the waist and flair out slightly

Narrow Shoulders

- wear shoulder pads
- wear boat necks
- avoid tight tops

Small Bustline

- wear jewel necklines
- wear shirts with ruffles, gathers or tucks
- wear room tops like cable-knit sweaters
- empire waistlines are flattering

Large Bustline

- wear revealing necklines- don't hide it, but show cleavage diplomatically of course
- be very careful with shoulder pads - you do not want to look like a football player
- make sure your garment is fitted with darts with plenty of armhole and neckhole room so that it doesn't pull in the chest
- consider a minimizer bra to control and shape

-wear light, fluid fabrics like silks and rayon

Plus Size Arms

- wear relaxed armholes that don't have that embarrassing pulling, best long sleeves right at the elbow

Heavyset Legs-don't put skirt length in the middle of the calf, keep skirts and lines flowing, long or short

-if you wear straight skirts, you will need fuller shirts and shoulder pads

-wear shoes that elongate the leg such as styles with a low-cut vamp

-wear heels that have a slender graceful curve but not too high

Big Rear End

-make sure the silhouette is right for the figure a long plus size cut is generous and works in a straight rather than ana A-line which will pull

-wear a printed or colour tunic as the focal piece of the outfit, work with it not against it by using an eye catching top with a solid bottom

-wear prints and colours on top, low-key monochromatic colour on bottom

Tall & Real Size

-find well fitting clothes in the men's department

-look for long full shirts and sweaters

Petite & Real Size

-do not clutter up your look, key the details and accessories light
-wear soft light fabrics.

N O T A N O T H E R PAMPHLET

by Joanne Law

A new pamphlet is in town, yes another one!!!

Petra Cummings and I worked for days on end and we have produced a pamphlet which has now been distributed to all the women's shelters and drop in centres in the city of Ottawa, Regional support centres and city health centres.

The pamphlet "I Think I Might Be A Transvestite Transsexual" is a long the same lines as the pamphlet "I Think I Might Be Gay" "I Think I Might Be Lesbian" series.

Some of our community don't like the words transvestite or transsexual but in this case we took the words literally and used them. We have to remember the word transvestite and transsexual is what people know and recognise and can associate with. They may not understand who we are, that's OK. This pamphlet was designed for the general public and not associated with any transgender association except for resource groups in the Ottawa area.

I have made it a personal

commitment to make appointments with care givers and regional nurses and talked with them about the transgender community in Ottawa and what its like. In conversation with them, there is a transgender community most of us would rather not see.

Transgender people in jail, hookers, street people, alcohol addicted, chemical addicted and the person next door caught by the police for abuse. Cross-dressers, transsexuals and transvestites, These are the people who don't know about support groups like Gender Mosaic. Most of these people that can't afford the privileges of a support group or even get involved, god forbid. They get lost in the medical and social system and stop caring for themselves or anybody else. Believe it or not this pamphlet was welcomed by these service providers and long over due.

It is very basic and does not get into the psychological or medical issue except where we have added the DSM-4 definition of transvestite and transsexual. They were very happy to place it in the front reception area along with many other resource information pamphlets and literature. This pamphlet is reaching the low income and poverty stricken population in Ottawa and the region. From what I am hearing transgender people in Ohio want

to use this pamphlet for their resource, as it is on the cyber systems of the world.

Pride Week Report by Linda A

Ten days of events that allowed all individuals to partake of different festivities within our fair city. I was only able to attend three events within the ten days of Pride Week, but they were certainly memorable.

Friday July 9, 1999 myself, Joanne and two friends met to go on the boat cruise. As anyone who knows me will agree, I must have my picture under the word Murphy's Law in the dictionary and the night of the cruise was a prime example.

We met at a friends hotel room and left for the dock where the cruise ship was to depart. We had added two more people to the car and there we were, six people in Joanne's car. If anyone knows how big Joanne's car is you understand how well we fit. We were like a can of sardines except we all had nicely styled hair. The rain was so heavy I was not quite sure if an umbrella would provide any protection and as it turned out the handle of my umbrella came off as I tried to open it. As this was my first exposure to time elements within the community, I quickly learned

that time elements are very different indeed. The bus was to arrive from Franky's and the cruise was to start at 8:30 GST (Gay Standard Time) which could be any time after 8:30 p.m. and I mean anytime after. We arrived and left the car to run to an unused beer tent and stood out of the rain until we all became bored and decided battling the rain would be more fun than what we were doing. Walking back to the dock my companions kept throwing out the idea of leaving the dock and going someplace for a dry drink. Oh, that proposal appeared very enticing.

We all crammed ourselves back into the car and waited patiently looking out the car window for a bus to approach the dock. Now back to Murphy's Law, within five minutes the car windows were so fogged up we all started to draw pictures on the glass. So beware anyone who enters Joanne's car, you may see pictures of feet and little faces all over the windows. No, do not ask. Before we could give up our tickets and move elsewhere, the bus arrived from Franky's and the cruise boat started to load. We went upstairs and the music and festivities started. What a wonderful array of terrific people.

A few of the Drag Queens showed up and as usual they looked wonderful. Something I

learned about the cruise routine is that we spend a half hour lined up for the bar and then we shift and line up for the washrooms. During the evening Joanne walked around with her Pride Festival paraphanelia for sale and did an excellent job of promoting Pride Week. Needless to say, regardless of the rain, a broken umbrella, I truly had a nice evening.

Next event on my schedule for Pride Week was the parade taking place Sunday July 11, 1999. I was at the info site early to see what was happening before I went over to the parade site to get in position for the parade. A flurry of activity was taking place to get the site ready for the picnic. Joanne was running around organizing the info areas and making sure vehicles were removed from the site by a certain time. And by this time, I knew some of Murphy's Law had jumped over to Joanne. Do you think it is the similarity with the last name LAW! For anyone that knows Joanne, she did not say a word and kept on doing her job.

There was only one draw back to the parade. They kept changing our position in the parade and we moved back from spot 31 to spot 53. Possibly our faces, or could it be Murphy's Law again.

We had been placed in front of Para Transpo and I had to deal

with this issue for a while. I wasn't too sure if the parade committee thought we from Gender Mosaic were frail and might pass out; therefore by having Para Transpo behind us they could pick us up as we dropped or else they realized we are a wonderful distinguished group that only a reputable organization as Para Transpo could trail behind us. All along the parade route people were really wonderful. I did not hear one negative word the whole time.

On reaching Parliament hill, we marched around in front of the Peace Tower and dispersed after we had completed the circle. I thought about this events and that ten to fifteen years ago this would never have happened. We have truly come a long way, but we have a long way still to travel. We walked back to RMOC and on entering the site, I looked up and there was the Rainbow Flag. It was flying Proud and Tall as we in the community should stand. It was a time were we could all come together and be ourselves and be proud of who we are as human beings.

The third and final event I was able to attend was the Hate Crime Liaison Meeting. This was a short meeting as they were giving out special gifts ; certificates to three major bookstores in the city. Chief Brian Ford received one for his

contribution in having a Liaison between the community groups and the police department. Working together in the community instead of against one another. Also, they presented one certificate each to the Principle of Woodroffe High School and to one of the teachers. These two individuals have played a major role in bringing an awareness to the student body about the GLB Community. The press were there, CBC and the New R.O. A very respectful criteria is followed preceding any press coverage. A designated area is set aside for individuals that do not want to be on camera. Safety is always a factor.

After the presentations, Joanne went and introduced herself to the two people from Woodroffe High and made arrangements for the transgender community to become better known and understood.

I want to thank those who came out from Gender Mosaic. Your support is greatly appreciated.

A Transgender Thought:

Were will we be at this time next year in our journey of acceptance?

Linda A.

Ten Commandments of Clothing Style

edited by Margo Ross

1. Allow colour to set the tone for your outfit;
2. Wear clothes that make you feel comfortable and secure;
3. Clothing that has the right fit and construction will always flatter the shape of a woman's body;
4. Do not be afraid of prints and patterns that reflect your personality;
5. Wear accessories that enhance an outfit, not overpower it;
6. Clothes are what you wear, not who you are;
7. Confidence, style and attitude come from within and should be expresses with what you wear and how you feel when you wear it;
8. Do not be afraid to take chances with your wardrobe when it comes to overcoming the taboos of fashion;
9. Think about the parts of your body that you like and buy clothes that accentuate those areas with style and sophistication;
10. Stop thinking that you can not. You can wear clothes that are a reflection of who you are and allow you to evolve into who you want to be.

Did You Know?

The Gender Mosaic, PO Box 7421, Vanier Ontario. K1L 8E4 can be used by all members for their packages, delivery of books or magazines. I will pick them up and get them to you some way. Just let me know. Thanks
Joanne 770-1945

Upcoming Events

- General Meeting November 13, 1999
- Christmas Party Dec 11, 1999 (we need at least one more volunteer to co-ordinate this special event)
- GM Support and discussion Group fourth Thursday of each month contact Margo
- TS Support and discussion Group contact Gwen

Local Gm Hint

Winners for pantyhose with lycra at half the regular price thanks Randi

Next Edition January 2000**For Answers**

to those impossible make-up questions

- what type of skin do I have?
- how do I cover up this beard?
- what colours are best for me?
- do I have to pay more to get good products?

Call Joanne Stuart 830-1465

Executive Committee

President: Joanne Law
First VP: Margo Ross
Second VP: Steacie
Secretary: Natalie
Treasury: Doreen

Committee Chairs

Library - Lynn Nicole Lefevre
Membership -
Ombudsperson- Linda A
Newsletter- Margo & Linda

Gender Mosaic

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News Flash

Joanne Law has been elected as the Second Vice President of Pride Ottawa-Hull!

She is the first ever transgender person elected to their board of Directors

Congratulations Joanne

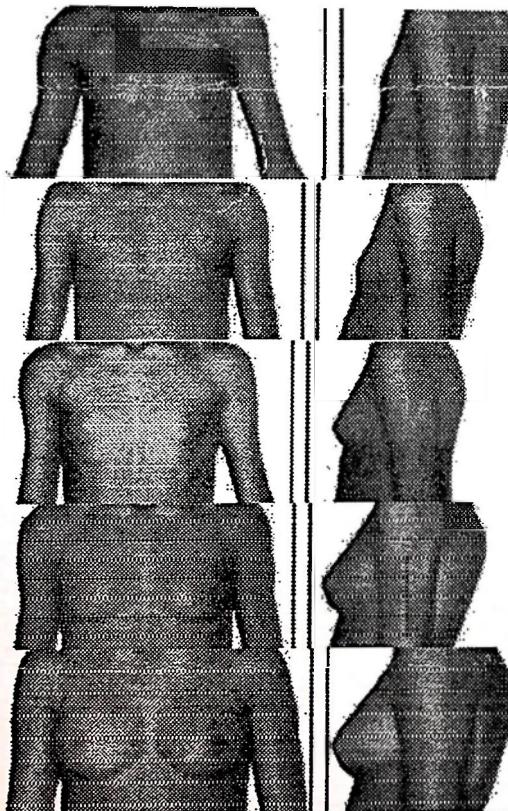
THIS IS YOUR NEWSLETTER

Share your experiences,
thoughts and ideas
- write and article
contribute to your
communities awareness.

Remember you get out of life what you put into it so be alive and happy!

Tanner Index: Breast Development

Tanner has also described breast development (thelarche) in five stages: It is important to remember that the duration and stages of breast development vary greatly among girls. Typically, the progression from stages 2 through 5 takes an average of 4 years, however, some women do not reach stage 5 until the first pregnancy or later.



Stage 1: The infantile or preadolescent stage that persists from infancy; the areola are not pigmented, and only the papilla are elevated.

Stage 2: The breast bud stage. The areola diameter enlarges and breast and papilla are elevated in a small mound. The growth spurt begins with this stage.

Stage 3: The breast and areola enlarge further, with no separation of their contours. The growth spurt is associated with this stage.

Stage 4: The areola and papilla enlarge and project to form a secondary mound above the level of the breast. Many girls do not go through a distinct stage 4. Menarche is associated with this stage.

Stage 5: The mature adult breast develops, with resolution of the secondary mound to achieve a smooth, rounded contour with projection of the papilla only.

Reference: Tanner JM. *Growth at Adolescence*. 2nd ed. Oxford: Blackwell Scientific, 1962

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